



SeaSpa

by *Sea Resorts*  
HOTELS

Discover Serenity





SeaSpa will be your guide to a serene vacation. Yield to the healing hands of our therapists and tailored treatments where body and spirit are nurtured to an ultimate state of relaxation and wellbeing. From massages, to facial treatments to skin care - We have the ideal remedy to keep you feeling blissful throughout your island getaway.

## SeaSpa Signature Couples Massage

45/60/90 min

A massage with essential oils, both toning and relaxing and combining several techniques- stroking, kneading and acupressure.

The essential oils of lavender and sweet orange will bring you a feeling of well-being, while extracts of lavender and peppermint will help your muscles relax. It also consists of stretching to relieve joint and ligament tension and mobilize the body.





## SeaSpa Treatments

### Seasense Exfoliation 45 min

Exfoliation applied on the whole body with rice yogurt and aloe vera paste that will leave your skin soft and smooth

### Seasonal Scrub 45 min

A sweet body scrub with different flavors of the island; coconut, pineapple, and mango. Your skin will be deliciously exfoliated.

### Natural Face Care 60 min

For natural beauty, nothing like the use of natural products such as yoghurt, honey, lemon, sugar, cucumber and papaya known for their therapeutic virtues. In the end your skin will cleanse, exfoliate and moisturize.

### After- Sun Care 45 min

A body treatment based of cucumbers, aloe vera and yoghurt to relieve sunburn as well as moisturize the skin.

# Ayurvedic Treatments

## Ayurvedic Massage

60/90 min

This massage is a body technique of well being from Ayurveda. It works on the whole body to bring relaxation, harmony and vitality.

## Shirodhara

20 min

Ancient Indian technique. A trickle of warm oil with therapeutic virtues is poured continuously on the middle of the forehead. Shirodhara effectively combats stress, improves memory and physical fitness in general

## Indian Head Massage

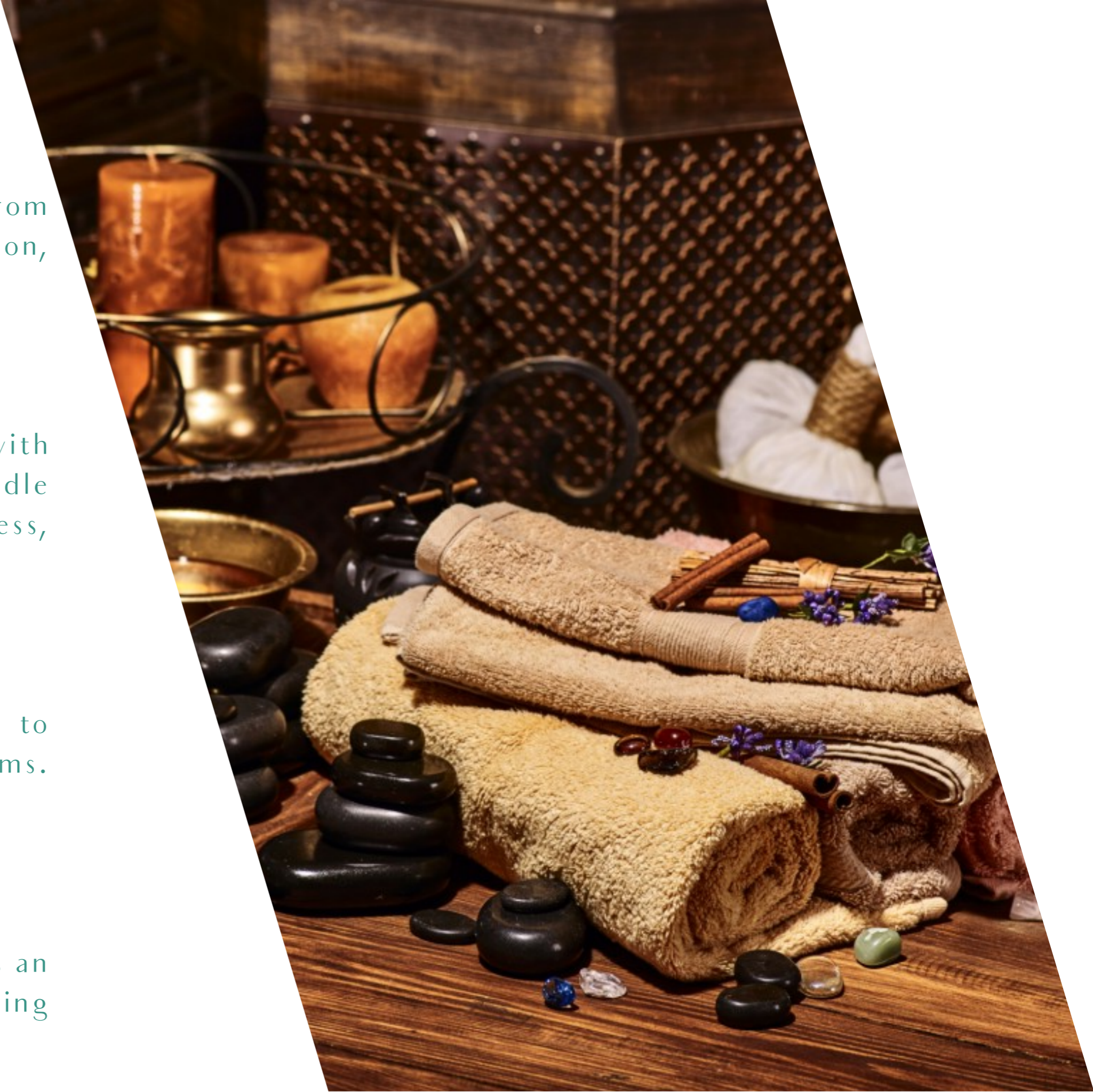
30 min

A massage performed in a seated position and aimed to relax the upper body: head, neck, shoulders and arms. Improves the concentration and quality of sleep.

## Abhyanga

60/90 min

Massage with four hands performed with warm oil, it is an ancient Indian Ayurvedic oil massage therapy for healing and detoxifying Body, Mind and Spirit.



## Traditional Massages

### Deep tissue massage 60/90 min

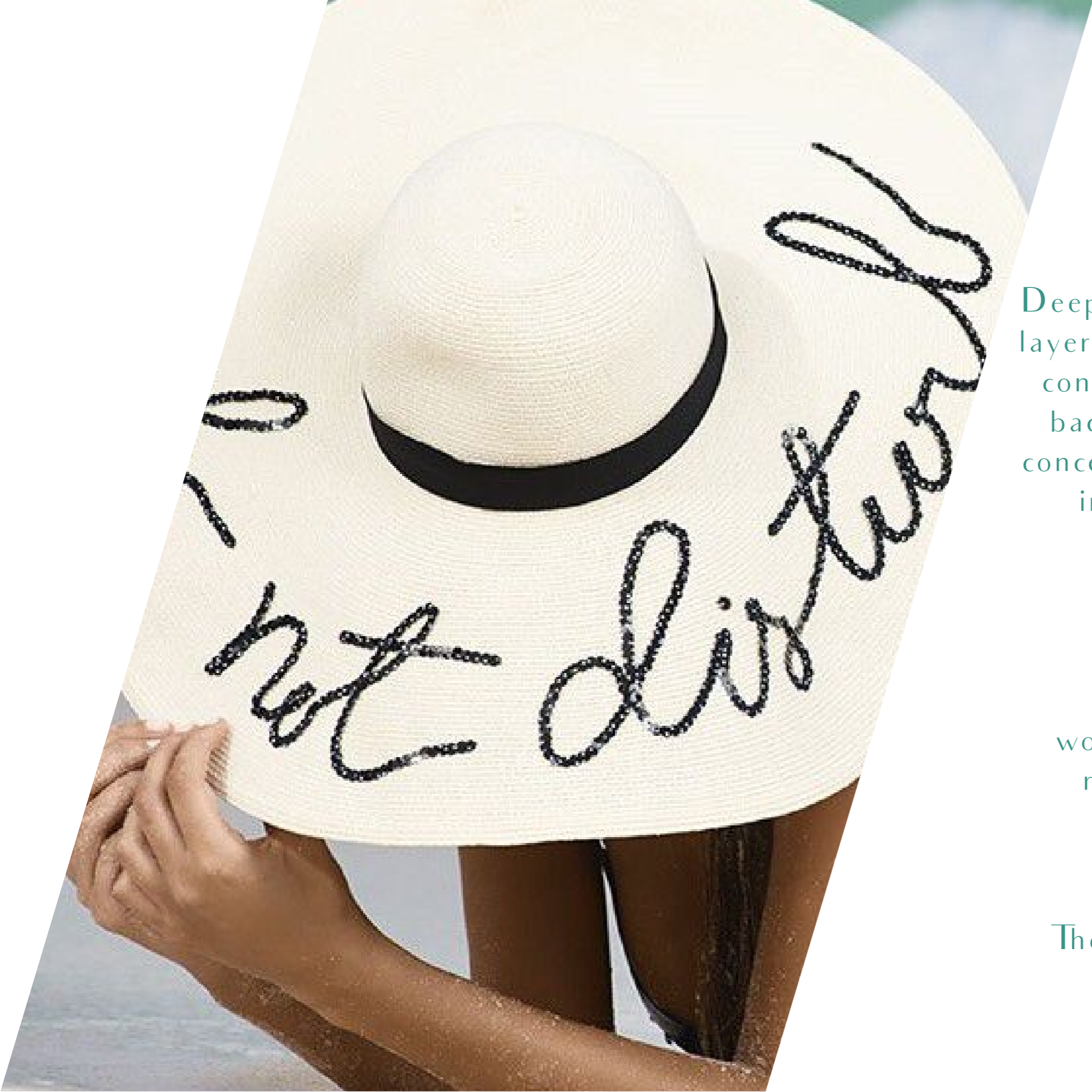
Deep tissue massage therapy focuses on realigning deeper layers of muscles. It is used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders. Our concentrated therapy is designed to relieve severe tension in muscles and connective tissue using a deep pressure technique.

### Sports Massage 60 min

A vigorous massage applicable before and after a workout, including stretching movements. It is ideal for relieving pain and stiffness due to physical activity.

### Focused Massage 30 min

The focused massage, based on your needs, helps reduce tension and facilitates relaxation.



## Traditional Massages

### Volcanic Stone Massage

90 min

This massage is a deeply relaxing therapy using smooth, polished volcanic stones, which are heated and applied with warm oil on acupressure points, meridians and chakras. Direct heat relaxes the body, while a light massage helps to gradually eliminate toxins.

### Plantar Reflexology

45/60 min

According to the principles of reflexology, the hand and foot are divided into reflex zones each corresponding to a specific part of the body. This massage thus makes it possible to gradually eliminate the accumulated tensions.

### Anti- Stress Massage

60 min

A deep massage, made with scented essential oils to soothe the most persistent localized tensions. Enjoy a feeling of well-being.







## Traditional Massages

### Mother-to-be Massage 60 min

Aimed at future mothers, this massage begins in a sitting posture and continues in a lying position. Adapted oils are selected to provide a gentle and relaxing massage.

### Focused Lymphatic Drainage 60 min

Gentle and soothing, this treatment improves circulation of the lymphatic fluid and blood circulation while eliminating toxins from the desired part of the body.

### Body & Face Drainage Massage 60 min

This massage improves blood circulation while eliminating toxins. Perfect for people who do have water leg retention and poor circulation.

### Bamboo Massage 60 min

A technique using bamboo sticks with deep pressure and slow movements to relieve muscle tension and improve your energy.

## Hand and Foot Care

### Shine Manicure

30 min

Nail coating removal , filing, oil and base coat.

### Classic Manicure

60 min

Cleansing of the nails, filing, cleaning and care of cuticles with emollient, oil and the application of nail polish.

### Shine Pedicure

30 min

Nail coating removal , filing, oil and base coat.

### Classic Pedicure

75 min

Cleansing of the nails, filing, cleaning and care of cuticles with emollient, oil and the application of nail polish.





## Hair Removal

Lips

Eyebrows or chin

Half legs

Full legs

Under arms

Brazilian Bikini Wax

Full Bikini Wax

## General Information

### Access:

It is our pleasure to welcome you to the Spa from **08:30** to **20:00**. Access to the sauna is free with a spa treatment.

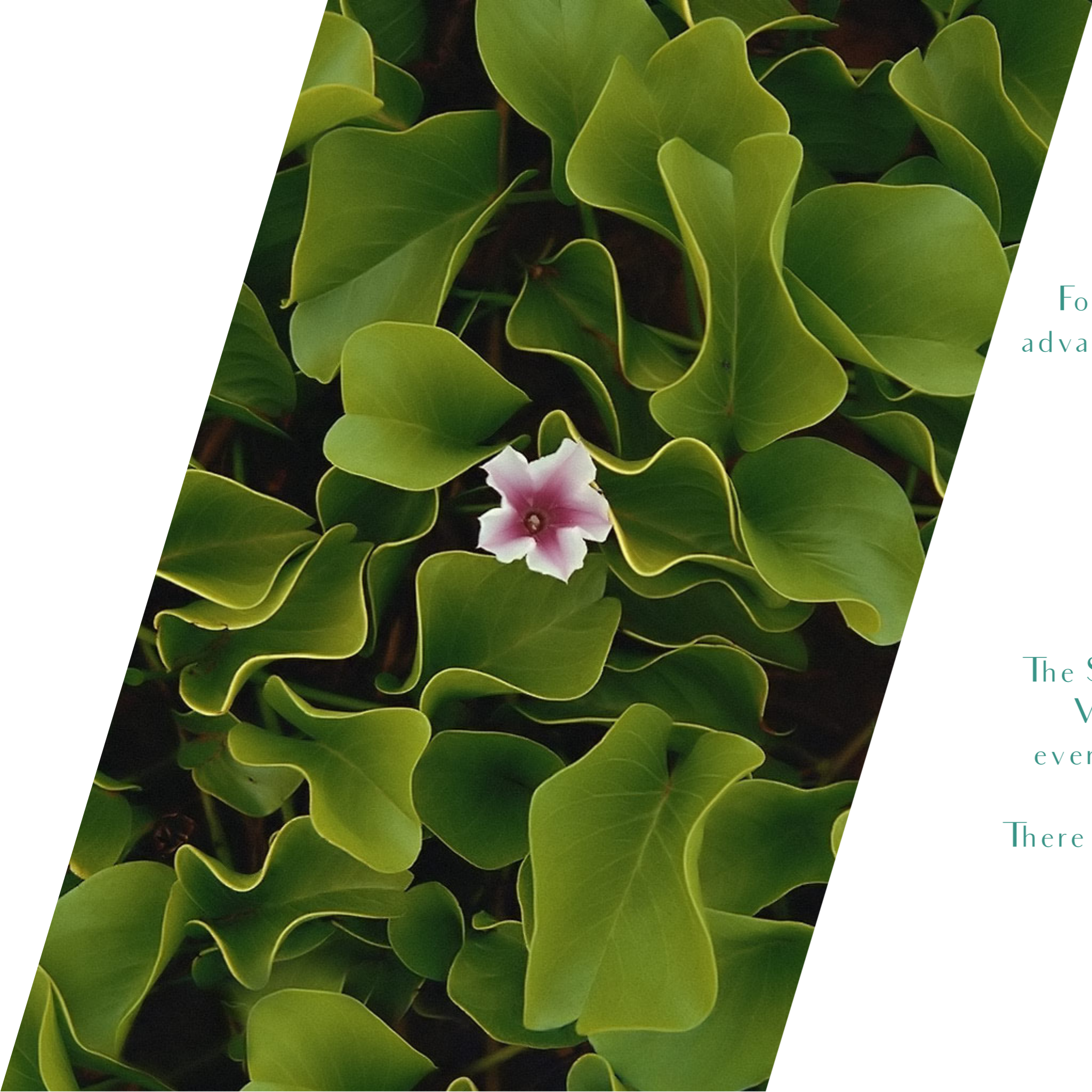
### Pregnancy:

Please inform Spa staff if you are pregnant so that they can help you to select the most appropriate treatments.

### Reservations:

Reservations can be made directly at the Spa. We suggest that you come at the reception **15** minutes before the beginning of your treatment to enjoy the sauna.





**Cancellations:**

For any cancellation, please contact the Spa 5 hours in advance. After this time, any cancelled appointment will be charged.

**Punctuality:**

If you are late, we may have to slightly shorten your treatment.

**Courtesy:**

The Spa is a place of serenity, tranquility and relaxation. We thank you for respecting the peace and privacy of everyone. The use of cell phones, cigarettes, and alcohol are prohibited in the Spa. There is a **20%** surcharge for the treatments in the rooms.



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Reservations:  
[seaspa@searesortshotels.com](mailto:seaspa@searesortshotels.com)  
(230) 260 0001